

	Data to Be Obtained from a Food/Nutrition History Form
Anthropometric measures	Weight, height, body mass index (at every visit)
Social History	Occupation of caregiver, hours work/away from home/Daycare/etc
	Living situation (Parents, grandparents, foster care, siblings, house/apartment, etc)
	Financial issues (on WIC, Food Stamps, AFDC, etc)
Health History	Any chronic conditions or physical problems
Food/nutrition history	24-hour recall or typical days intake
	Meal and snack times
	Meal preparation
	Eating out (frequency and where)
	Schedule changes/weekends/school schedule
	Exercise routine/sports (type, frequency)
	Usual sleep habits
	Appetite/gastrointestinal issues
	Food allergies/food intolerance
	Current weight, weight history, weight goals
Medications/supplements	Medications taken
	Vitamin/mineral/supplement use
	Herbal supplements